

# Filipino Martial Arts

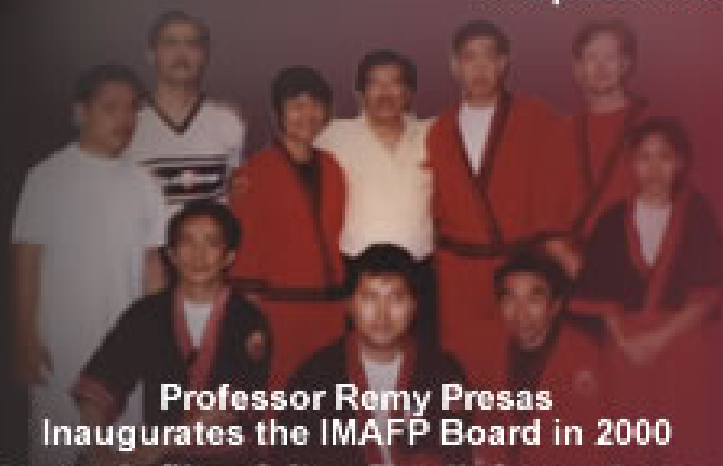
Digest

**INTERNATIONAL  
MODERN ARNIS**  
FEDERATION PHILIPPINES

Special Edition  
2007



Foundations of IMAFP  
was planted as far back as 1997



Professor Remy Presas  
Inaugurates the IMAFP Board in 2000



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IMAFP Archives

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The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

The authors and publisher of this digest are not responsible for any injury, which may result from following the instructions contained in the digest. Before embarking on any of the physical activities described in the digest, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

## From the Publishers Desk

Kumusta

The FMA Digest put a Special Edition on the IMAFP out in 2006. However though it was a good issue; the FMA Digest wanted to expand and give more information about the International Modern Arnis Federation Philippines. With the assistance of Guro Edessa Ramos, Master Cristino Vasquez, Grandmaster Rene Tongson, Senior Master Rodel Dagooc, Senior Master Samuel Dulay, this Special Edition has been made possible.

In this Special Edition of the International Modern Arnis Federation Philippines, you will find more information on the Council of Masters, also how the IMAFP has grown and spread throughout the world.

The IMAFP International Organization continues to commit itself, to higher goals. And that is to enable the art to serve the Filipino people and contribute to their progress. With seminars throughout the world, community programs for children, training in public schools and law enforcement.

Even though the IMAFP is an Organization within its self, they recognize and work with other organizations such as **DAV**, **CSSD/SC**, and the **WBMA** to mention just a few, to spread the Filipino martial arts and culture.

The foundations of IMAFP were planted as far back as 1997 by Professor Remy Presas and the development process culminated in 2000, when Professor Remy Presas inaugurated the first IMAFP Board of Directors and Officers.

With the guidance of Master Cristino Vasquez, Grandmaster Rene Tongson, Grandmaster Roberto Presas, Senior Master Rodel Dagooc, Senior Master Samuel Dulay, in the Philippines and the promotion and dedication of the Organizations Commissioners Master Godofredo Fajardo, Guro Edessa Ramos and Guro Jay deLeon outside of the Philippines. The IMAFP will continue to grow.

Passing away in 2001, Professor Presas did not get to see the IMAFP grow and flourish as it has done throughout the years up to now. I am sure he would have been proud.

Maraming Salamat Po



## International Modern Arnis Federation Philippines

### Professor Remy Presas



In 2001 Professor Remy Amador Presas, Founder of Modern Arnis, died after a battle with brain cancer. His death not only created much sadness and consternation among his students across the globe, but also touched off an ugly, internecine scramble for succession of his system. The pretenders spanned both sides of the globe, from the Philippines to the U.S. and Canada.

The foundations of IMAFP were planted as far back as 1997 when Professor Remy Presas instructed his former student, Master Cristino Vasquez, to organize with his old and new students and establish the International Modern Arnis Federation in the Philippines. The development process culminated in 2000, when Professor Remy Presas inaugurated the first IMAFP Board of Directors and officers.

A people's fighting art must exist through its commitment to the higher goal of defending freedom and the right of people to live in safety, peace and prosperity. The martial art that continues to adhere to these ideals will outlive generations and withstand the ravages of time and history. Not only that, it will continue to thrive and develop, to adapt itself to modern-day needs, and incorporate new methods of application. Such is the Filipino martial art, particularly modern arnis.



Professor Remy Presas  
inaugurates the IMAFP Board in 2000

Together with other Modern Arnis organizations in the Philippines, this organization has stepped up to oversee the development of Modern Arnis in the Philippines, as well as in almost all parts of the world. To date, IMAFP has over 50 Modern Arnis chapters established in the Philippines. IMAFP has also appointed several Commissioners to form IMAFP chapters in other parts of the world. Most of these Commissioners were also direct students of Remy Presas, including Edessa Ramos (Europe), Godofredo Fajardo (Middle East), and Jay de Leon (North America). An affiliation relationship also exists with the German Modern Arnis group Deutsche Arnis Verband (DAV) headed by Dieter Knuttel. While most of these instructors operate independent schools, they look to the grandmasters in the Philippines and IMAFP for leadership and guidance in matters relating to Modern Arnis.

## **The International Modern Arnis Federation of the Philippines (IMAFP)**

Inspired By Tradition, Proven Through Innovation

By Edessa Ramos



The International Modern Arnis Federation of the Philippines (IMAFP) is an organization that thrives on the spirit of tradition. It is the spirit that guides the countless innovations and techniques that have been developed in modern times, as well as the many styles that have sprung forth from the genius of many masters.

The Council of Masters of Modern Arnis is the safe-keeper of this tradition as well as its guiding spirit. Many of the masters have been training in Filipino martial arts from childhood. They have been gifted with the knowledge passed on from generation to generation. In the olden days, the masters were not adorned with belts or ranks; it was not necessary. One proved oneself not through promotional exams but in the field of actual battle or combat. It is this tradition that spurs the IMAFP masters to undertake the task of strengthening the classical roots of Modern Arnis.

The Council of Masters have several members, but most prominent are the following, for they are responsible for the fast spread of modern arnis both in the Philippines and in many countries around the world. These masters have developed programs, innovated, revealed their specialties in many continents, and returned home to share their experiences. They are:

Master Cristino Vasquez  
Master Rene Tongson  
Master Roberto Presas  
Master Rodel Dagooc  
Master Godofredo Fajardo  
Master Samuel Dulay



Masters of Modern Arnis, from left to right, Masters Rodel Dagooc, Samuel Dulay, Rene Tongson and Cristino Vasquez.

### **Grandmaster Cristino Vasquez** “Father of Ipit-Pilipit Vasquez Arnis System”

A cousin of Grandmasters Remy and Ernesto Presas, Cristino Vasquez commenced his training in Arnis at the age of 13 years from the youngest brother of Remy Presas. From the late Jose B. Presas, father of Remy and Ernesto Presas, he also learned the Abanico Classical Arnis. Later, Cristino Vasquez went to Manila, submitting to the invitation of Grandmasters Remy and Ernesto Presas, to gain more knowledge not only in the art of Arnis but also in other styles under the Filipino Martial Arts genre.

Grandmaster Cristino Vasquez in reflecting on his knowledge of Modern Arnis expresses that even though each part of the art is essential, he feels personally that he excels in the classical styles, such as *Espada y Daga*, Figure 8, *Palis-Palis* (or go by the force techniques), *Doblada* or Double Zero, *Sungskiti-Tutsada*, *Doblete*, *Abanico*, *Banda y Banda*, *Rompida*, *Doble Baston*, and *Tapi-tapi*. In fact, Grandmaster Vasquez has a natural capability in Modern *Espada y Daga* – a style wherein one hand is holding a baston and the other, a dagger or *daga*. His movements have a poetic flow and rhythm making it seem as though he is creatively dancing while defending and counterattacking.

In addition to mastering the techniques mentioned, he has also made his own contribution to the art by inventing and refining a unique style of pressure locking of fingers and hands which he calls “Ipit-Pilipit”. Ipit-Pilipit is a product of Grandmaster





Vasquez's years of experience in Arnis and the careful study of hand and arm movements, pressure points and locking techniques.

Grandmaster Cristino Vasquez is a true student of Martial Arts. He has spent many years studying Japanese and Filipino Martial Arts. He has instructor credentials in Kendo, Jiu-jitsu, Judo, Karate and Tapado. He is highly skilled in weaponry such as sai, tonfa, bo and Filipino weapons including balisong and bangkaw. Over the years, he has conducted numerous seminars in the Philippines and in other countries - Australia, United States, Germany and Switzerland. He has also organized many Arnis tournaments and was also the head of the Training Committee of the 3rd World Filipino Martial Arts Festival which was held in Tagaytay, Philippines, in July 2006.

Grandmaster Cristino "Cris" Vasquez is currently the Vice Chairman of the Promotion Board and the Training Director of the International Modern Arnis Federation Philippines (IMAFP). With the rank of Lakan Siyam (9th degree blackbelt), Grandmaster Vasquez is recognized as the IMAFP figurehead and a member of the Council of Masters of Modern Arnis.

### **Grandmaster Rene Tongson**



Grandmaster Rene R. Tongson took his first Arnis lesson at age nine (9) in Hinigaran, Negros Occidental – the hometown of Professor Remy Presas, using sugarcane instead of the rattan stick which was scarce then. His Modern Arnis training started at the age of 15 with Grandmaster Roberto Presas. From Grandmaster Mateo D. Estollos of Antique, Panay Island, he refined his classical techniques such as Banda-y-Banda, Rompida, Doblada, Hirada Batangueña, Espada-y- Daga, Palis-palis and many more. Under Grandmaster Ernesto, he mastered the techniques of Filipino weaponry.

Grandmaster Rene R. Tongson, 50 years old, is one of the two most senior Masters of the International Modern

Arnis Federation - Philippines (IMAFP) under the Professor Remy Presas Clan. He is also a member of the Council of Masters of Modern Arnis, and co-founder-convenor of **Worldwide Brotherhood of Modern Arnis (WBMA)**.

Using his high academic and administrative experience, he spearheaded the organization of Arnis Philippines (ARPI) in September 1976 under the Philippines Olympic Committee (POC). In 1978 he drafted and authored the original version of the Philippine National Standard for the conduct and practice of Arnis in competitive sport, the standard rules now being used in Arnis Tournaments worldwide. He has traveled worldwide where he has strong followings in Australia, Europe, USA and one of the most respected masters in the Philippines. Grandmaster Tongson is known for his unique ABANIKO TRES PUNTAS style and form in classical Arnis. Among his top students are Senior Master Bambit Dulay, Senior Master Dieter Knuttel (Germany) Master Nino Pila and Chris Traish (Australia) and leading Arnis gurus in the Philippines and worldwide.

Grandmaster Tongson graduated in college with a Degree of Bachelor of Science in Industrial Engineering (BSIE) and a Degree of Master in Business Administration (MBA) in 1987. Since then he has held executive positions in Philippine business companies. He is presently a Director of the National Coffee Development Board - Philippines and elected Municipal Councilor of Amadeo, Cavite-Philippines. He was the point man in the preparations for the 3rd World FMA Festival which was held in the Philippines in July 2006.

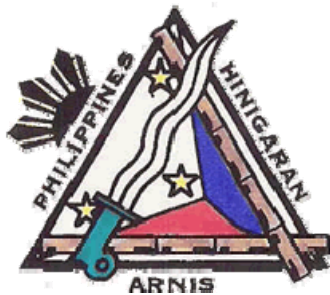
Grandmaster Tongson holds the following distinction and rank:

- Grandmaster of ABANIKO TRES PUNTAS - Classical Arnis
- Lakan Walo (8th degree blackbelt) - Modern Arnis
- Member - World Head of Family Sokeship Council
- Awardee - Grandmaster of the year 2006: International Martial Arts "Hall of Fame"
- Author of ABANIKO-TRES PUNTAS Instructional DVD
- Trustee, International Modern Arnis Federation- Philippines (IMAFP)



### **Grandmaster Roberto Presas**

Grandmaster Roberto "Berting" Presas is the third brother (Remy, Ernesto and Roberto) of the Presas Modern Arnis clan. He is a member of IMAFP with a rank of Lakan Walo (8th degree), and a member of the Council of Masters of Modern Arnis. While his two older brothers have spread FMA throughout the globe, Roberto has quietly and ably held the fort in the Philippines. He has been active with Masters Tongson, Dulay and Vasquez in the promotion of Modern Arnis in the Philippines as well as the growth of IMAFP worldwide.



**Website**

Grandmaster Roberto Presas - 2006  
Hinigaran Arnis De Mano



## Senior Master Rodel B. Dagooc

### “Smoking Stick”

Starting his training with Grandmaster Remy Presas in 1969, he has traveled to Mexico, Australia, and the United States, demonstrating the art of Arnis de Mano. Known in the United States as the ‘Smoking Stick’ and in Australia as the ‘Small Hand Grenade’, Guro Rodel Dagooc is small in stature, but when demonstrating the art of Modern Arnis do not let his size fool you. He explodes into action and is dynamic in his movements.

In discussing his favorite techniques his response is that any and all techniques are of a benefit in the art of Arnis de Mano, however the advanced level’s to him are the most important in confrontations against an opponent. In this he executes the classic Arnis for he believes it to be very applicable and realistic.



One of the techniques that he believes are essential in his arsenal of Arnis is the Figure 8 and reverse Figure 8 style of striking in which the baston moves in a figure 8 pattern. Master Dagooc can move into close range using the target areas from the opponents’ hip to the head, or he moves out to long range using from the knees up to the head for the target areas.

Another technique he feels is of value is Abaniko, which there are two types Abaniko Corto (short) and the Abaniko Largo (long). He has also mastered the classical techniques like Sungkite, Pilantik, Doblete, Banda y Banda, Baba-Taas; the up and down motion and double zero.

However Senior Master Dagooc states all techniques in arnis are important and should be practiced until the movements are precise, smooth, rhythmic, and fluid mastering each as one gains their knowledge.

Senior Master Dagooc has traveled to Spain, Italy, Germany, Israel, Japan and Thailand to demonstrate his skills and instruct.

Commencing his training at the age of 14 years old from his uncle Leodovico Dagooc and Leopoldo Bangud in the Province of Iloilo Panay Island. With a constant passion has mastered his techniques and continues to excel at the age of 57. Lakan Walo (8th Degree), Senior Master, International Chief Instructor.



Master Dagooc receives certificate of promotion from Grandmaster Remy Presas.



Master Dagooc receives one of Grandmasters Presas books.

### **Senior Master Samuel “Bambit” Dulay** A Master of Tapi Tapi



Master Samuel Bambit Dulay started training in Filipino Martial Arts in Dumog and Judo in 1968-69, while studying karate jujitsu under Roming Yanson and the Lisondra Brothers (both students of Grandmaster Remy Presas), at the University of Negros Occidental and West Negros College. He learned the Baston (basic Arnis) in 1972 while studying karate jujitsu under Romy Lisondra.

Witnessing a bladed weapon demonstration between Master Roberto Presas and Master Cris Vasquez in 1974, it inspired him to seek higher instruction in Arnis. Moreover, when Bibing Lisondra went back to Bacolod he endorsed Master Bambit to Grandmaster Remy Presas (Modern Arnis) and Grandmaster Ernesto Presas (Kombatan).

Eventually in 2000, he became the Chief Instructor of the International Modern Arnis Federation Philippines (IMAFP) under Grandmaster Remy Presas. Grandmaster Remy Presas appointed him as the successor of the art “Tapi Tapi” of Modern Arnis in the Philippines. This is due to, when Master Dulay commenced his training, the concept of Tapi Tapi so amazed him that his determination to master the theory and techniques were overwhelming. Tapi-tapi is the heart of Master Bambit techniques, which is "the way of the flow" concept.

Master Samuel “Bambit” Dulay is the External Vice President for IMAFP with the rank of “Lakan Antas Pito” (7th Degree). In addition to training under Professor Presas in Modern Arnis, he holds instructor rankings in judo, jujitsu, Ernesto Presas arnis, and “Tapado Dequerdas”. It was to Masters Dulay and Godofredo Fajardo that Professor Remy Presas entrusted the task of organizing the IMAFP. Master Dulay has established

Modern Arnis chapters in the Philippines, Hong Kong and other parts of the world. A dynamic performer, he has performed demos and exhibitions in prestigious events such as the South East Asian Games in 2003, the 8th Asian Kyokushinkai Tournament, and the 2nd Filipino Martial Arts Festival in Dortmund, Germany in 2003.

Master Dulay played a major part in two monumental gathering in the Philippines. He was a consultant of the 1st National Filipino Martial Arts Festival, the 1st Remy Presas Memorial Camp and the 3rd World Filipino Martial Arts Festival which took place in 2006. He still continues to teach and inspires young Filipino martial arts instructor to propagate the arts in a foreign land. Master Dulay is spreading the Filipino arts and continuing the legacy of Modern Arnis.

## **IMAFP Organization**

**Chairman** - Atty. Salvador P. Demaisip

**Officers:**

**President** - Master Noel A. Peñaredondo

**Internal Vice President** - Guro Renato L. Centro

**External Vice President** - Master Samuel D. Dulay

**Secretary/Treasurer** - Guro Ginalyn J. Relos

**Auditor** - Guro Paulo O. Motita II

**Public Relations Officer** - Guro Rodolfo N. Poblacion, Jr.

**Advisers:**

Dr. Alejandro Dagdag DEM

Master Rene Tongson

Councilor Julio Logarta

Atty. Teresita N. Santos

Eng'r. Jose Dion Diaz

**Members:**

Professor Armando C. Soteco

Senior Master Samuel D. Dulay

Senior Master Cristino Vasquez

Master Noel A. Peñaredondo

Guro Rodolfo T. Poblacion, Jr.

Guro Jimson Dearos

Guro Renato L. Centro

Guro Paulo O. Motita II

Guro Ginalyn J. Relos

Professor Remy had dreamed that his beloved art would flourish once more in the land of its birth. He had visions of arnis digging its roots into the hearts and minds of his countrymen, the way it did ages ago when arnis was the Filipino people's instrument for liberation. The grandmaster was not disappointed, although he did not live long enough to witness the actual realization of his great dream. He did, however, see the seeds he had planted sprouting into life. Seeds that were planted by his former students to whom he had returned in 2000, seeds nourished by the new generation of black belts and modern arnis practitioners who as of today are growing by the numbers all over the islands. The professor's dream had come true. His art had come home and is now in the care of its people.

Had he still been alive, Professor Remy would have been proud to see how IMAFP is committed to modernization. This process was begun by Grandmaster Remy Presas, who installed, standardized and enforced a modern-day standard of safety, the rules of play, and relentless promotion for Modern Arnis. He innovated the method whereby arnis can be taught and practiced with safeguards and rules. With the help of his students and other masters, particularly Master Rene Tongson, the present day rules and standards of play in Modern Arnis have been developed and documented to guide the conduct of sport competitions and tournaments, including the Point System, the padded body armour/guard and helmet, and the length and weight of weapons.

IMAFP continues to grow. Since its inception in 2001, it has grown to its current sizeable membership spread throughout the islands. Here is but a partial list of IMAFP chapters and affiliate clubs in the Philippines:

**Metro Manila:** 26 Chapters

**Luzon:** 3 chapters in Baguio City, 2 in Meycauayan, and 8 in Cavite

**Visayas:** 6 chapters in Iloilo, 1 in Cebu City, 3 in Bacolod City, 2 in Hinigaran

**Mindanao:** 3 chapters in Zamboanga, 2 in Davao, 2 in Koronadal

#### **IMAFP Manila Chapter / Metro Manila Commission**

President - Atty. Teresita Santos

Vice President - Panchito Victoria

Secretary - Mitzie Secopito

Treasurer - Jeffrey Plotria

#### **IMAFP Cordillera Commission**

Commissioner/Executive Director - Lakan/Guro Nile C. Jordan

President - Jerry T. Gapongli

Vice President Internal Affairs - Gregorio Walcien Jr.

Vice President External Affairs - Herman Pelingen

Secretary - Risa K. Ben-at

Treasurer - Adolfo K. Pinas Jr.

Auditor - Marvin C. Makin

Public Relations Officer - Christian C. Sagon

Sports Coordinator - Rodini Buyogan

#### **IMAFP Western Visayas Commission**

Commissioner, Panay - Angel E. Briones

Commissioner, Iloilo - Rosauro De Leon

Coordinator, Sta. Barbara, Iloilo - Jun Tanalgo

Coordinator, Oton, Iloilo - Fortunato Hojilla, Jr.

President - Ludovico Losanes

Vice President-Internal - Girlie Tinagan

Vice President-External - Joebert Mayote

Secretary - Jun Tanalgo

Auditor - Lino Baldevarona

Business Manager - Roger Vergara

## **IMAFP Mindanao Commission**

This data does not take into account the huge numbers of Philippine schools, colleges and universities, which now teach arnis as part of their physical education curriculum. In Metro Manila, 38 schools/colleges/universities already implement regular training programs in Modern Arnis, with estimated total of 40,000 students. Several IMAFP instructors have been sent out to these institutions in order to train local teachers and develop them into becoming instructors.

In the international arena, IMAFP has chapters in the following countries: Germany, Switzerland, United Kingdom, Italy, Indonesia, Hong Kong, Korea, Saudi Arabia, USA, Mexico, and Brazil. IMAFP has 3 international commissions that coordinate its regional international work, each one headed by a commissioner who is appointed directly by the Council of Masters in Manila.

### **International Regional Commissions are:**

(Click the abbreviation to learn more about the Chapters)

**Europe:** Guro Edessa Ramos

**MAS** - IMAFP Switzerland

**FENIK** - IMAFP Italy

**TIGA** - IMAFP England

**Middle East:** Master Godofredo Fajardo

**IMAFP** - Middle East

**North America:** Guro Jay de Leon

**IMAFP** - North America

**NAFMA** - IMAFP East Coast USA

**IMAFP** New Jersey

**IMAFP** Maryland

**AIAAMM** - IMAFP Mexico

### **International Affiliates and Supporters:**

**Datu Dieter Knüttel** - Germany - **Deutsche Arnis Verband (DAV)**

**Master Bram Frank** - Florida - **Common Sense Self-Defense / Street Combat (CSSD/SC)**

**Master Dan Anderson** - Oregon - **Dan Anderson Karate**

**Alfredo Rico Acosta** - **Kuntaw Kali Kruzada / Kruzada Eskrima**

IMAFP is an organization of innovators. The IMAFP masters believe that the only way to honour the art of their ancestors is to enable it to evolve. Through their efforts and leadership, more ancient styles and weapons usage are being uncovered, studied and adapted to modern use. This is the inspiration that feeds the spirit of innovation in IMAFP. The masters and their students are culturally and historically aware. They know that deep inside the archipelago and within the pages of its fighting history, there lie more truths in fighting just waiting to be re-discovered.

The diversity of the Filipino people - from the Igorot communities in the northern Cordilleras, the indigenous villages scattered around the Sierra Madre and Caraballo Mountain ranges, down to the Central Plains, and further south to the Tagalog regions, lay a vast diversity of fighting styles. And that is just the island of Luzon. More is to be



found further south to the Visayan islands, which saw some of the most numerous and fiercest combat, whether tribal wars of ancient times or armed resistance against the Spanish colonizers. And even further south to the land of the Muslim nations and the non-Muslim Lumad peoples of Mindanao, where the art of the blade and steel reached the highest levels in Philippine history. The Philippines is so rich with the history of war, that a martial researcher will need an entire lifetime to unearth this knowledge.

The IMAFP masters, instructors, black belts and students are aware that the Filipinos' rich history of warfare is, ironically, fed by the fervent desire for peace. Wars were fought to protect villages from encroachers, the shores from marauding pirates, the entire archipelago from invaders. Arnis therefore is the fighting art of freedom. This is the very same spirit that fires the fervor of most Filipinos to learn arnis. In many other countries where the FMA has spread, Arnis is easily used as a venue to gain personal satisfaction, even fame and fortune. In the Philippines, however, it is a cause. Anyone who joins any Filipino martial arts organization knows. Any arnis athlete who joins any competition knows. Any Filipino who seeks to learn and use the Filipino fighting arts in combat knows. Learning the techniques is inspired by the willingness to preserve freedom, strengthened by knowledge of the people's culture and history, and made honorable by always paying tribute to the ancestors and masters who had developed the various styles of the Filipino martial arts.

Thus it is ingrained in every modern arnis master to innovate and develop further techniques. To lead in the research and recovery of lost aspects of the Filipino martial arts. And above all, their most important contribution to the preservation and development of the art is to continuously and selflessly teach it to several generations of students.

## **International Regional Commissioners**

### **Guro Edessa Ramos**

International Regional Commission - Europe



Guro Ramos - IMAFP: Mexico seminar

The fascination for blades and all types of weaponry should not be a monopoly of men, and in fact, should inspire women of all ages in their pursuit of freedom, individual identity, and the capacity for effective self-defense. This is precisely what led Guro Edessa Ramos to pursue this fascination. Her admiration for ancient weaponry and fighting arts led her to training in bladed weapons. She began by learning various basic techniques under Senior Master Samuel Dulay (International Modern Arnis

Federation Philippines or IMAFP)) and later developing her tactical and combat applications under Senior Master Bram Frank (Common Sense Self-Defense Street

Combat or CSSD/SC). Her teachers taught her well in the art of knife defense, daga contra daga, sangot (an Ilongo curved knife), and the itak (or bolo).

Born and raised in the Philippines, Guro Ramos also spent part of her life in Chicago when her family immigrated to the U.S many years ago. She started in Modern Arnis when she returned to Manila in 1994. After moving to Switzerland, frequent visits to the Philippines enabled trainings to continue under Senior Masters Cristino Vasquez and Samuel Dulay, with supervision from Senior Master Rene Tongson. In 2000, she established Modern Arnis Switzerland, which was later to serve as the IMAFP European Commission.

She joined the Deutsche Arnis Verband (DAV or German Modern Arnis Federation) to ensure that her training in Europe remains active under Senior Master Datu Dieter Knuettel.

During the 2nd Filipino Martial Arts Festival organized by DAV in Dortmund, Germany in 2004, she assisted and performed with Senior Master Dulay in the seminars and gala night. It was her first public demonstration of “the itak free-style,” a skill and performance still considered rare for women.

The 2004 Swiss Budo Masters Gala invited Modern Arnis to be showcased for the first time in Berne. Guro Ramos and Senior Master Dulay performed a non-stop 5-weapon Modern Arnis demo that inspired the martial arts community, primarily because it was their first time to view some Filipino martial arts fighting techniques, plus the fact that the performer was one of the few women in the festival. Not only that, she was the only one handling a live bolo.



Datu Knuettel - Guro Ramos - Master Frank

From late 2004 – 2006, Senior Master Bram Frank became crucial in the development of Guro Ramos' blade work. She travelled to several countries including Israel, Germany, Italy, Mexico, and the USA to assist him in seminars and demonstrations. In July 2005, together with Master Bram Frank, she represented IMAFP at Guro Jay de Leon's TIPUNAN sa Disneyland and Punong Guro Myrlino Hufana's World FMA Expo in California. Also in 2005, she received the Hall of Fame Arnis Instructor of the Year Award from the World Head of Family Sokeship Council, as well as the Woman of the Year Award from FMA Digest.

In July 2006, IMAFP organized the 1st Professor Remy Presas Modern Arnis Camp and 3rd International FMA Festival which were held in Tagaytay, Philippines. Guro Ramos was one of countless IMAFP leaders and members who dedicated time, energy and resources to ensure the success of this historic event.

Guro Ramos currently holds a 3rd degree black belt in Modern Arnis under IMAFP, and a 4th degree black belt in Combat and Tactical Arnis, under CSSD/SC. She is responsible for the spread of IMAFP internationally through the establishment of chapters in London, Mexico, Italy, France (in progress), and New Jersey (in collaboration with Master Jose Torres and Guro Jay de Leon). She teaches regularly in Zurich, running a school/club together with her long-time student and arnis partner, Lakan Davor Cavka. Together, they focus on teaching peace-loving folks, especially those who are survivors or potential targets of street violence.

It is crucial to the survival and development of the Filipino martial arts to have its practitioners all around the world achieve cultural understanding and martial art unity. Towards this goal, Guro Ramos writes regularly about arnis, the Filipino Martial Arts, and the various aspects of Filipino martial culture.



Guro Ramos at Modern Arnis gym in Zurich, Switzerland with Davor Cavka



You may learn more about Guro Edessa Ramos and the Filipino martial arts. Visit the following website:



[www.silkensteel.com](http://www.silkensteel.com)

## Master Godofredo Fajardo

International Regional Commission - Middle East



Godofredo started his training with his grandfather Liberato “Papa-Atoy” Fajardo. His grandfather known throughout the province of Takloban Leyte as a healer took his grandson and commenced him in his training as an Eskrimador. Learning the distance (Malayuan) technique of Palo Palo, this was handed down since before the Spanish occupied the Philippines. This was derived using the Latigo a whipping instrument that is the tail of the page (stingray).

As the years passed Godofredo entered E. Rodriguez Vocational High School, where he met and started training with an arnis instructor by the name of (Guro Willie Annang) As he watched (Guro Annang) he realized the similarity to the style he had learned from his grandfather, and asked what style of arnis this was? He was told that this style was Modern Arnis; he joined the high school club, which was called Modern Arnis Center of the Philippines.

He also found out after studying with (Guro Annang) that the Guro was one of the first top students of Grandmaster Remy Presas.

A sport minded Godofredo tried his hand at swimming and track and field and although excelling in each sport he joined, he was constantly drawn back to arnis. Continuously training and gaining knowledge of arnis, he was noticed and was chosen with his immediate group to be the cultural side of Modern Arnis, to demonstrate and promulgate the art. In so (doing) he and his group traveled to the Island of Batanes, Cebu, and the hotels throughout Manila demonstrating the art.

In (2001) Master Fajardo was sent to Saudi Arabia to further promote the art of arnis. Upon arriving in Saudi Arabia the people questioned this style of fighting. However once the basic philosophies and theories of Arnis were explained they were amazed at the grace and speed that could be obtained in the techniques executed. Many joined to further gain the knowledge and benefits of the Filipino art of arnis. In the city of (RIYADH) soldiers also joined in learning the art seeing its beneficial value in combat. Master Fajardo has continuously spread the art of Arnis up to the present throughout the Middle East by teaching Jordan, Syrian, Lebanon, Iraq, Egypt and other Middle East Nationality.



Master Godofredo “Godo” Fajardo is the Commissioner of the Middle East for IMAFP, with a rank of Lakan Pito (7th degree). He had the good fortune of studying with



Professor Remy Presas in the Philippines even up to the time Remy was already residing in the U.S.



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### **Guro Jay de Leon**

International Regional Commission – North America



Jay de Leon is a senior student of Master Godofredo “Godo” Fajardo with a rank of Lakan Apat (4th Degree), and a friend of Professor Presas who attended many of his seminars in the U.S. over three decades. He serves as Commissioner for North America for IMAFP, and Chief Instructor for Filipino Fighting Arts USA, teaching Master Fajardo’s system. In 2005, he hosted the IMAFP seminar Tipunan sa Disneyland at the Hilton Hotel in Anaheim, California, featuring Grandmasters of various styles including Christopher Ricketts, Rey Galang, Abon Baet, Roger Agbulos and many others. He has instructor ranking in several Filipino martial arts styles as well as other martial arts styles such as Shorin-ryu, Parker kenpo, Kodokan Judo, Jiu-Jitsu, Jeet Kune Do and Muay Thai boxing.

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## DAV and IMAFP

### Connection

By Dieter Knüttel

Datu Dieter Knüttel with...



Senior Master Rene Tongson



Senior Master Chris Vasquez



Senior Master Rodel Dagooc

The relationship between Modern Arnis Philippines and Germany predates the IMAFP and the DAV by years.

In 1983, Dieter Knüttel made his first trip to the Philippines to train Modern Arnis in the country of the origin. He stayed there for more than 3 months and according to many of the Masters he trained with, he was the first European, who deliberately came to the Philippines to train Arnis there.

His main teacher in this trip was Ernesto and Roberto Presas, Rene Tongson, Cristino Vasquez, Rodel Dagooc as well as Momoy Canete. He also met and trained with Roland Dantes during this time.

After his return to Germany, he started to intensify his Modern Arnis training and from the year 1984 on, he invited Ernesto Presas many times to teach in Germany, Denmark, Sweden and Norway.

In 1985, the DAV was formed out of another organization, with the main aim to train and promote the Filipino Art of Arnis. The invitations to Ernesto Presas continued, and in 1986 the first, "European Filipino Modern Arnis Camp" was organized by Dieter Knüttel and Ernesto Presas in Hundred Islands, Pampanga, Philippines. There were 11 enthusiasts from Germany, Denmark, Norway and Switzerland participating at this camp. Ernesto Presas, Rene Tongson and Cristino Vasquez were the main teacher during this Camp.

The DAV tried to invite Rene Tongson and Cristino Vasquez besides Ernesto Presas during the 80s, but for different reasons this was not possible. End of the 1993, there was a split between Ernesto Presas and the DAV. Beginning of 1994, the DAV started to work together with Grandmaster Remy Presas, so the connections to the Philippines dried out.

When Professor Presas got sick in 2001, Dieter Knüttel visited him a last time. He was told that his teacher was dying and he decided to make a Friday to Monday trip from Germany to Canada, to say goodbye to his dying Grandmaster. This trip was just in time, because the trip lasted from the 24th to the 27th of August and the Professor passed away one day after Dieter Knüttel left, on the 28th of August 2001.

During this trip to Canada, he met his old friend from his first trip to the Philippines again: Roland Dantes. Despite the very sad occasion of their meeting, the

dying Grandmaster, still there was a great joy that they met again some 18 years after their first meeting.

Dieter Knüttel invited Roland Dantes to seminars in Germany, which took place in May 2002. The first seminar was a Modern Arnis brown and black belts only seminar and 75 DAV members with brown or black belt attended.

Through this reestablished contact to the Philippines, Dieter Knüttel went back to the Philippines in March 2003 where he had a reunion with all his old teachers from the 80s: the Grandmasters Rodel Dagooc, Rene Tongson, Cristino Vasquez as well as with Jerry de la Cruz, Victor Sanchez and Senior Master Bambit Dulay. Dieter Knüttel received his Lakan Pito, 7th Dan Modern Arnis from these Grandmasters in Manila. During this trip Dieter Knüttel proposed the idea to the IMAFP Grandmasters, to have another Camp in the Philippines, just like in 1986. The IMAFP took up this idea and incorporated the 3rd FMA festival into this Camp. Thus the Modern Arnis Remy Presas Memorial Camp started to form.

Now the German-Philippine contacts got very strong again. Through Bambit Dulay, Dieter Knüttel got in contact with Edessa Ramos, who lives in Switzerland. She came to a lot of seminars there were a lot of long talks and plans have been made by these 2 Modern Arnis enthusiasts. Edessa helped a lot in the communication and during the invitation of the IMAFP Grandmasters to Germany in the following years.

Dieter Knüttel invited Roland Dantes, Bambit Dulay and Edessa Ramos (with many others) to the 2nd FMA Festival in March 2004 to Dortmund/Germany, where they represented the Philippines and the IMAFP for the more than 600 participants of the Festival. They taught there and Bambit Dulay gave together with Edessa Ramos an excellent exhibition. Also after the Festival the DAV organized an additional seminar with Roland Dantes and Bambit Dulay and again more than 75 DAV members participated.

After this, the DAV invited Cristino Vasquez for 2 seminars where more than 100 people attended and Rene Tongson was invited for the 20-year anniversary of the DAV. More than 125 Modern Arnis practitioners of the DAV visited this seminar. During this visit Grandmaster Tongson promoted 2 of Dieter Knüttel's oldest students, Hans Karrer and Jorgen Gydesen to Lakan Anim, 6th Dan, which was approved before by the IMAFP grading commission in the Philippines.



Summer Camp Instructors

The last invitation was made to Rodel Dagooc, who taught at the 9th Modern Arnis summer camp of the DAV in July 2005, where 147 enthusiasts came together for one week of pure Modern Arnis training.

During all of these visits of IMAFP Grandmasters, Black Belt tests and grading of the DAV were

organized. The Grandmasters were always very impressed by the high standard of Modern Arnis in Germany and everybody who passed the examination, not only got a DAV certificate, but also a black belt certificate of the IMAFP and is acknowledged as Modern Arnis black belt in the Philippines.



In 2006 the DAV participated with about 35 members at the Modern Arnis Remy Presas Memorial Camp, the 3rd FMA Festival and the Gala night in the Philippines.

During the festival, the Worldwide Brotherhood of Modern Arnis, WBMA, was founded with DAV and the IMAFP as founding members among others.

In March 2007, there will be a seminar with Grandmaster Jerry de la Cruz in Frankfurt and in August 2007, there will be the 10th DAV Modern Arnis summer camp for one for week for training, incorporating the 50 years of Modern Arnis anniversary to the camp.

Besides Dieter Knüttel and other DAV instructors, Dan Anderson and Bram Frank from the USA, both also members of the WBMA will teach there as guest instructors, as well as Grandmaster Rene Tongson from the IMAFP, to make it a true international DAV/IMAFP/WBMA Modern Arnis event.

Practitioners, interested to participate, can contact Dieter Knüttel under

**[datu@modern-arnis.de](mailto:datu@modern-arnis.de)**



Participants 20 years of DAV

The DAV plans a long-term relationship with the IMAFP but still is open to friendly contacts to other Modern Arnis and Filipino martial arts groups, organizations and styles.



[www.modernarnis.de](http://www.modernarnis.de)



[www.worldbromodernarnis.com](http://www.worldbromodernarnis.com)

## **Supporting the Community**

The International Modern Arnis Federation Philippines doesn't just have schools and instructors to spread the art of Modern Arnis. They are out in the community supporting the community with summer camps, local schools, and law enforcement.

### **Kiwanis Club Philippines**

"Training Program for Kids"

Part of the Summer Training Program of the Kiwanis Club

Through the efforts of Mark Lledo, supported by IMAFP and PIGSSAI

Indang, Province of Cavite

By Ginalyn Relos

The training program for Kids was organized by Kiwanis - Indang, Cavite headed by Mark Lledo an Arnis Instructor of Indang Cavite, a son of Louelle Lledo whose focus is to promote sports arnis in USA. Guro Mark Lledo coordinated with Senior Master Dulay to organized the training program to give awareness to young practitioners, of the Heritage of our Filipino Culture; it is part of the program of the Kiwanis to support the Filipino martial arts. In cooperation with Philippine Indigenous Games and Sports Savers Association, Inc. and International Modern Arnis Federation - Philippines, the program was put together through the efforts of Mark Lledo, and supported by the IMAFP and PIGSSAI and was very successful.



**Instructors of the said training program from IMAFP are:**



Senior Master Samuel Dulay, Master Noel A. Penaredondo, Guro Rodolfo T. Poblacion, Jr. and myself Ginalyn Relos, traveled more or less two hours from Manila to Cavite, without really any knowledge of the exact number and ages of practitioners we are going to teach on that day.

Teaching kids ages from 7 to 12 years old is very difficult, one cannot apply those strict and formal training programs that had been prepared, and so we had to think of something different. Ideas on how we teach these kids to make them enjoy the training to accept it and keep on practicing and delegate the said training program to their families and friends Senior Guro Ginalyn Relos.

We applied the program into a something that they feel they were only playing games with each other considering that the schedule of training is at 10am in the morning up to 12 o'clock noon. The kids were supposedly tired at the end of the training program, but since they had enjoyed the program, they never seemed tired or bored "ang kukulit at nakakatuwa!"

They followed easily the instructions given, and at young age, it can also be seen who among them have the potential of being good quality instructors in the future. The training is scheduled every Saturday for the whole summer period. And it will be extended on to an adult program to coordinate with the program of IMAFP, it was a fruitful and successful program because of the number of kids who joined and even the parents were holding the canes and trying to follow what their kids were doing. From this, we plan to organize more programs for kids in other areas. At the moment the IMAFP is also into women's self defense which I am tasked to handle. A seminar workshop for women especially working women. We are also organizing a long-term program for Barangay Tanods and youths in different provinces starting with Batangas Province and Camarines Province to coordinate with our National Program, in November.







**Region VI Athletic Meet**  
National High School, Iloilo City



Mr. De Leon Choreographer “Arnis Demo”



IMAFP Student Arnis field Demo Choreograph  
by Guro Rosauro De Leon



IMAFP Barotac vs. IMAFP Sta. Barbara  
IMAFP Certified Referee/Judge Randi Seneres

**1st Iloilo Knife Fighting Seminar**

IMAFP-Iloilo Chapter G.H.Q.

Instructor: Senior Master Bambit Dulay



Assisted by Guro Ludi Losanes  
IMAFP- Iloilo President



Assisted by Guro Roy De Leon  
IMAFP - Iloilo Chairman training Committee



Guro De Leon's daughter and  
IMAPF Vice President Girlie Tinagan



Mr. and Mrs. Tanalgo  
IMAFP Sta. Barbara Coordinators

## **IMAFP Law Enforcers Training Program**

International Modern Arnis Federation Philippines

Saturdays and Sundays

Malabon City, Philippines

By Gabriela Silang



Upon the completion of the FMA Festival, Senior Master Rene Tongson of the IMAFP working with the Vice Mayor of Malabon, Honorable Arnold D. Vicencio arranged a demonstration of Modern Arnis for October 10, 2006.

A program was developed for the law enforcement of Malabon City. The objective of the program was to develop the barangay Tanods to enhance their

skills in monitoring the peace and order situations of every barangay of Malabon City. The training started on October 14th and was held every Saturday and Sunday, teaching a number of 250 responsible barangay Tanods and was completed on December 2, 2006 with a graduation ceremony. The program is not only like an ordinary law enforcers' training program but will be extended after the graduation by forming a group, **"The Malabon Arnis"** with a set of officers. This group will be an affiliated member of the International Modern Arnis Federation Philippines through the supervision of Senior Master Dulay.

### **Committee for the Project:**

Project of Honorable Arnold D. Vicencio  
*Vice Mayor, Malabon City, Philippines*

### **Project Coordinator:**

Mr. Randie C. Santiago Jr.

**Executive Officer of the Vice Mayor**

### **Training Director:**

Senior Master Rene R. Tongson

### **Supervising Instructor:**

Senior Master Samuel D. Dulay



Vice Mayor Vecencio and Senior Master Dulay  
Demonstration



Senior Guro Ginalyn J. Relos instructing

**Instructors:**

Senior Guro Ginalyn J. Relos

Senior Guro Jimson N. Dearos

Senior Guro Rodolfo T. Poblacion, Jr.

**Assistant Instructors:**

Francis Nagen

Marcelo Oyales

Mao Leongson

Armando Soteco, Jr.





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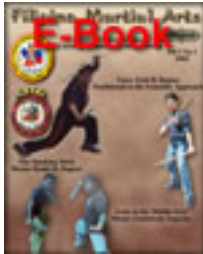
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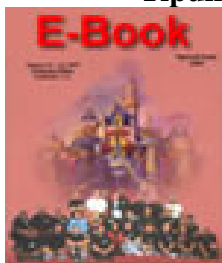


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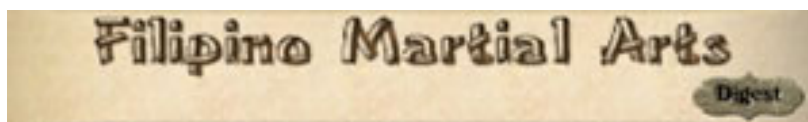
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